

What does it mean  
to be a Sikh in  
Britain today?

<b>Working towards expected standard</b>	
Give a simple description of either <i>nam japna</i> , <i>kirat karni</i> or <i>vand chhakna</i> .	
Give examples of at least three things that are found in a gurdwara.	
<b>Working at expected standard</b>	
Describe <i>nam japna</i> , <i>kirat karni</i> and <i>vand chhakna</i> and at least one other value important to Sikhs.	
Describe at least two challenges of belonging to a religious community and at least two reasons about why belonging to that community can also be valuable.	
<b>Working at greater depth</b>	
Identify and explain key values in Sikhism shown in daily living and at the gurdwara.	
Independently make clear connections between challenges and the value of living as a member of a religious community and the concept of commitment.	

Stick in your  
new cover page.

Does anyone know  
what religion we are  
learning about this  
half term?

*What do you already know  
about Sikhism?*

Lesson 1

Thursday 4th November

LO: To find out about Sikhism  
and Sikhs.

Key vocabulary

'Sikhi' - Sikhism

What questions do you have about these photos? What can you see?





Can you find Britain and India on this map?



What do you think the distance is from these countries?



Sikhism originated in India about 500 years ago in a region called the Punjab (north-west of India, spanning the modern Indian and Pakistani borders), so Sikhs have their roots in India.



What can you find in the photos that is British and shows that Sikhism is in Britain?

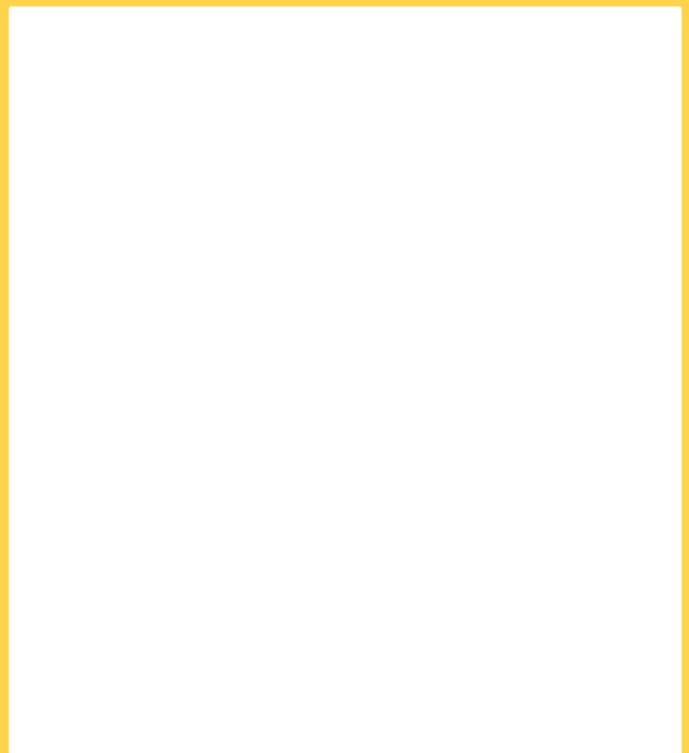




You are going to create your own 'Book of Sikhism' at the end of this unit of work.

Write this as the title on the front cover of your book.

Design the front cover for the book to show what you know and have learnt so far about Sikhism and Sikhs.

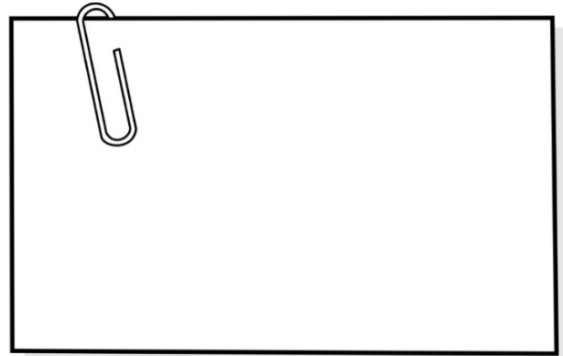


Lesson 2

Thursday 11th November

LO: To learn about the three principles.

*What can you remember from last lesson?*





## The Three Principles

Remembering God (**nam japna**)

Honest work (**kirat karni**)

Sharing what you have (**vand chhakna**)

What do you think that these principles mean?

*Reveal*

## What is most important to you?



Equality, respect,  
honesty. (Annant)

Be responsible, be brave.  
(Gurveer)

Go to the gurdwara. (Amit)

God comes  
first. (Simrat)

Help anyone who is  
in need. (Gurdeep)

Praying, being truthful  
and being respectful.  
(Erin)

Caring and sharing,  
working hard,  
remembering God. (Satej)

Treat everyone as  
equals. (Simrat)

Don't be  
selfish.  
Be selfless.  
(Parmvir)

Helping others without  
expecting any reward and being  
a good human being. (Jazveer)

These quotes are from Sikh young people explaining what is most important to them.

Which quotes reflect the three principles?

## What is most important to you?

2

4



Equality, respect,  
honesty. (Annant)

Be responsible, be brave.  
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God comes  
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Be selfless.  
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Helping others without  
expecting any reward and being  
a good human being. (Jazveer)

What else do the Sikh  
young people say is  
important to them?

## The Three Principles

Role play each principle

Remembering God (**nam japna**)

Honest work (**kirat karni**)

Sharing what you have (**vand chhakna**)

Write an explanation of  
each of the three  
principles.



## Lesson 3

Thursday 18th November

LO: To learn about the Sikh Gurdwara  
and its importance to the Sikh  
community.

*What can you remember from last lesson?*



## Starter Activity

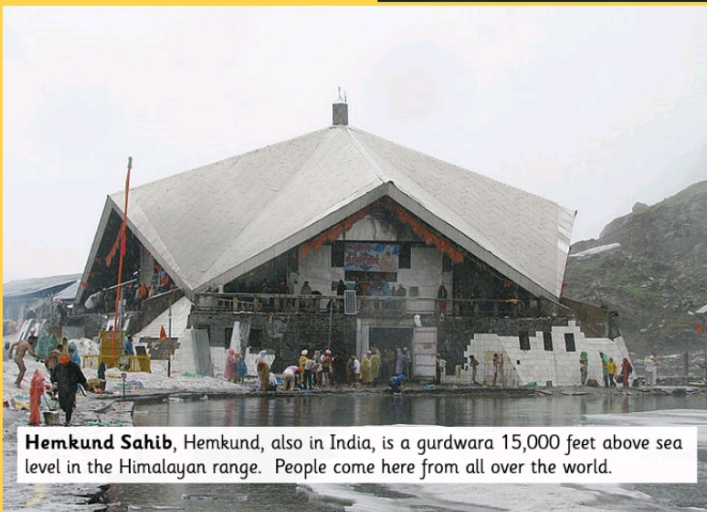


All of these buildings look different, but what do they all have in common?  
Who might visit them?  
What might happen there?

## Sikh Gurdwaras Around the World



**Sri Harmandir Sahib**, located in India, is also known as The Golden Temple. This is the most famous and important place of worship in the Sikh religion with its doors open from all the sides to people of all faiths.



**Hemkund Sahib**, Hemkund, also in India, is a gurdwara 15,000 feet above sea level in the Himalayan range. People come here from all over the world.

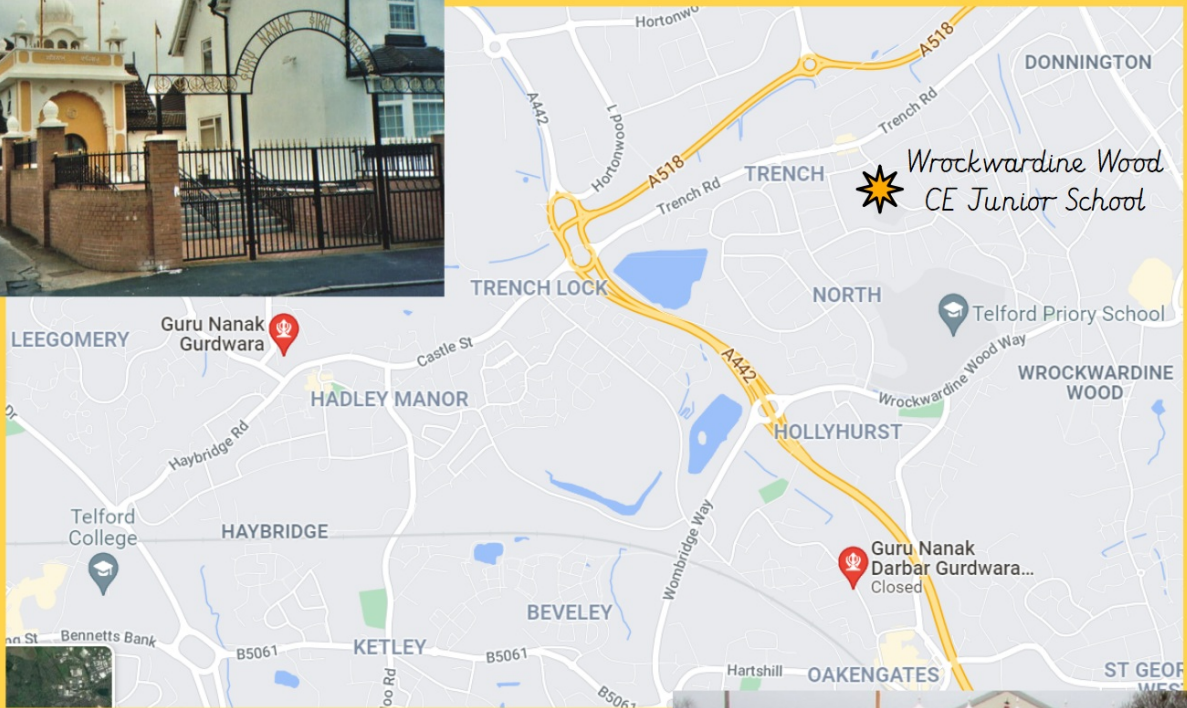


**Gurdwara Sri Guru Singh Sabha** is thought to be the biggest in London.

Do you know  
where these  
Gurdwaras are?









What do you think it is like  
inside a Sikh gurdwara?



**Watch this video**

[http://www.bbc.co.uk/learningzone/clips/  
the-gurdwara-pt-1-2/4836.html](http://www.bbc.co.uk/learningzone/clips/the-gurdwara-pt-1-2/4836.html)

### Guru Granth Sahib

This is the Sikh holy book. It is treated like a person and even has its own room during the night. The book is placed on a raised platform under a canopy and covered with an expensive cloth during the day



## Important Features of a Sikh gurdwara

### Chaur

A fan which is waved over the Guru Granth Sahib as a sign of respect.



### Langar

This is a free kitchen where food is served to worshippers without charge.



Photo courtesy of Ajay Tandon (@flickr.com) - granted under creative commons license - attribution

### Flags

Gurdwaras fly flags outside to show that it is a special place of worship. The flag contains the Sikh symbol.



## Important Features of a Sikh gurdwara

### The Four Doors

There are four doors into the gurdwara to show that people from the north, east, south and west are welcome.



Photo courtesy of Ajay Tandon (@flickr.com) - granted under creative commons license - attribution

## Look out for these other features!

The most important focus in the main hall is the Guru Granth Sahib, which is treated with the respect that would be given to a human Guru. It is kept in a room of its own during the night and then carried to the main hall at the beginning of the day's worship.

The book is placed on a raised platform, under a special canopy, and covered with an expensive cloth when not being used.



Photo courtesy of karamsingh (@flickr.com) - granted under creative commons license - attribution

There are four doors into a gurdwara, known as the Door of Peace, the Door of Grace, the Door of Livelihood and the Door of Learning.

These doors are a symbol to everyone that people from all four points of the compass are welcome to enter.

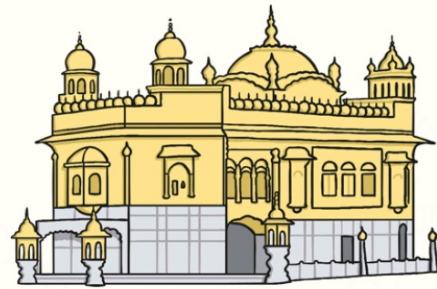


Photo courtesy of karamsingh (@flickr.com) - granted under creative commons license - attribution

## Showing Respect

Anyone is welcome in a gurdwara but there are certain rules to follow.



- Cover your head
- Take off your shoes and wash hands and feet before entering
- When you enter the main prayer hall, bow in front of the holy book, touching the floor with your forehead

## Showing Respect

- Offer a donation such as money, flowers or food
- Sit quietly on the floor with your legs crossed, facing the Guru Granth Sahib
- Never point your feet at the Guru Granth Sahib as this is disrespectful
- Men and women sit in different places





**Four Doors**



**Nishan Sahib**



**Darbar Sahib**



**Shoe Rack**



**Golak**



**Chaur**



**Rumala**



**Head Covering**



**Langar**

Can you write a sentence describing the significance of each special object found within a gurdwara.



## Why do people go to a Sikh gurdwara?

Many Sikhs visit a gurdwara for worship. The gurdwara is also a place to learn more about Sikhism. The gurdwara is a community centre too, offering food, shelter and company for those who need it.

The morning service begins with singing a hymn, there is also a religious talk (called a sermon), prayers are said then there are readings from the Guru Granth Sahib (the holy book). Last of all, food is offered to everyone so people can eat and spend time together.



People also visit the gurdwara during special festivals to celebrate Gurus such as Guru Nanak because he started the Sikh faith.

Sikhs don't have priests so any Sikh can lead the prayers and read from the Guru Granth Sahib.



Engagement ceremonies can take place at the gurdwara and thanks is given for bringing the man and the woman together.

The wedding ceremony takes place in front of the Guru Granth Sahib and at the end of the service, everyone eats in the langar.



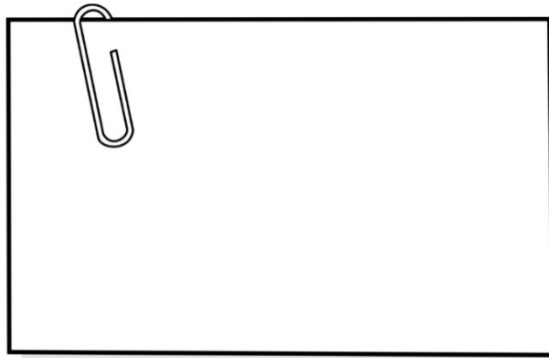
Describe what takes place in a gurdwara using all the information you have learnt in this lesson.

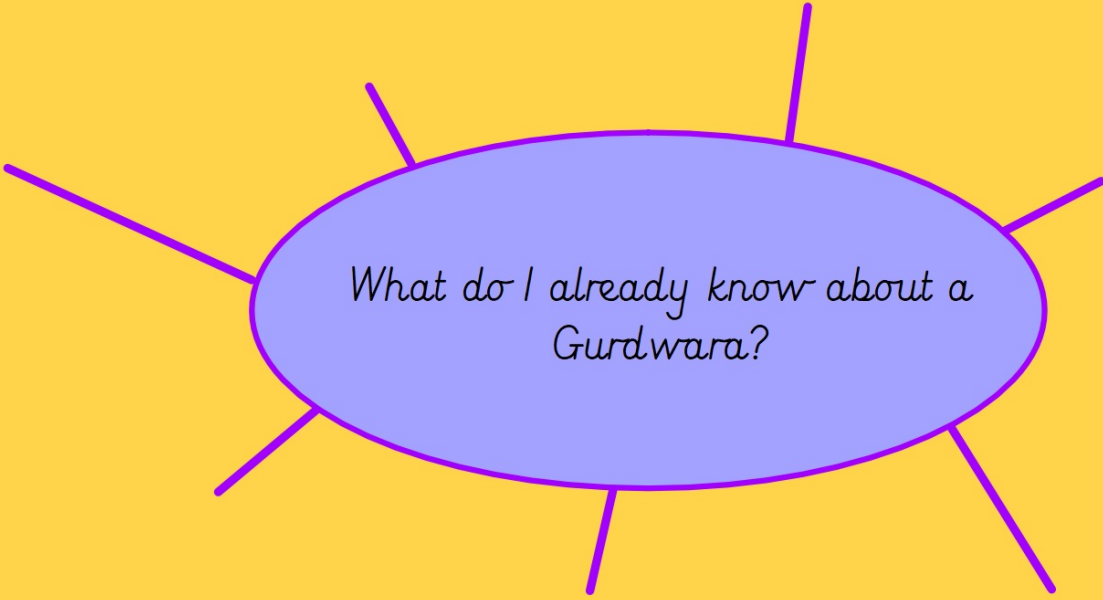
I know that the gurdwara is a special place for Sikhs because...

Thursday 25th November

LO: To understand what it is like  
to be inside a Gurdwara.

*What can you remember from last lesson?*





*What do I already know about a Gurdwara?*

What do you think it's like going into a Gurdwara and seeing the Guru Granth Sahib?



Think about your senses



It is important to go to the gurdwara because you can do your prayers there. (Satej)

The gurdwara is a beautiful place. When you step into the gurdwara all your bad deeds are gone. (Ananpal)

Going to the gurdwara is really important because it shows that you are part of the Sikh community. You get to learn lots about Sikhi at the gurdwara. (Karanveer)

It is important because that's where our 11th Guru is, so we get to visit our Guru, and it's where Sikhs pray. (Harleen and Katrina)

My earliest memory is my *dastar bandi*. This is a special ceremony that you have at the Gurdwara. You have the ceremony when you are old enough and responsible enough to wear a turban. (Jazveer)

You cannot be a Sikh without the teachings of the Guru Granth Sahib or the rest of the Sikh community. (Jazveer)

Being a Sikh doesn't mean that you have to worship all the time. It's also about being a good person and being honest and caring. (Annant)

Going to the gurdwara is important because that's where our Guru stays. The gurdwara I go to is very peaceful. No one shouts in the gurdwara and everyone gets along. (Parmal)

### One question per table then share thoughts

- What do the children say is important about the gurdwara?
- What have the children told us about praying and worship?
- What do the children say about the Guru Granth Sahib?
- Do all of the Sikh children have exactly the same ideas about the gurdwara?
- What else do the Sikh children tell us?
- Is the gurdwara similar to/different from any other places of worship we know about?



In your book, draw something that you think is very important to these Sikh children.

Why you have drawn that picture?

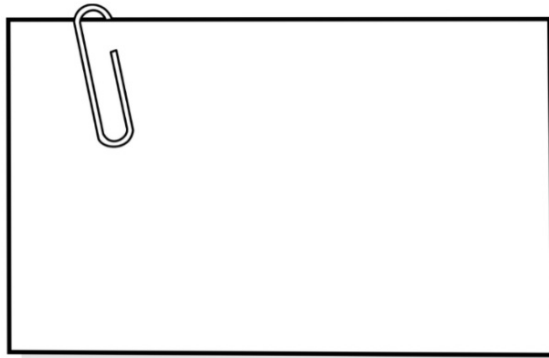
Write 5 fascinating facts you have learnt from the Sikh children.



Thursday 2nd December

LO: To understand what it is like  
to be a Sikh in Britain today.

*What can you remember from last lesson?*



What might be challenging about being a Sikh in Britain today?

Use the pictures and quotes to help explain your answer.

What is most important to you?

ACTIVITY 2 ACTIVITY 4 Resources

- Equality, respect, honesty. (Annant)
- Be responsible, be brave. (Gurveer)
- God comes first. (Simrat)
- Go to the gurdwara. (Amit)
- Praying, being truthful and being respectful. (Erin)
- Help anyone who is in need. (Gurdeep)
- Treat everyone as equals. (Simrat)
- Caring and sharing, working hard, remembering God. (Satej)
- Helping others without expecting any reward and being a good human being. (Jazveer)
- Don't be selfish. Be selfless. (Parmvir)

- It is important to go to the gurdwara because you can do your prayers there. (Satej)
- The gurdwara is a beautiful place. When you step into the gurdwara all your bad deeds are gone. (Ananpal)
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- My earliest memory is my *dastar bandi*. This is a special ceremony that you have at the Gurdwara. You have the ceremony when you are old enough and responsible enough to wear a turban. (Jazveer)
- You cannot be a Sikh without the teachings of the Guru Granth Sahib or the rest of the Sikh community. (Jazveer)
- Being a Sikh doesn't mean that you have to worship all the time. It's also about being a good person and being honest and caring. (Annant)

Sikhism in Britain

ACTIVITY 4 Resources



Two men in London.



Outside a gurdwara in Slough during the festival of Baisakhi.



Taking part in an international street parade in Llangollen, Wales.



Serving food to others in Cardiff.




Chatting to a British army officer whilst waiting for Baisakhi celebrations to begin in Southampton.



A Sikh police officer.

These are Sikh children's opinions about what it's like being a Sikh in Britain today.

Can you sort them into what they find inspiring and what they find difficult?



British people don't know why we wear turbans. (Manjinder)	Wearing a turban is a difficulty. (Jasmine)
I don't think there are any difficulties. I will just try my best to be a good person. (Sukhraj)	Keeping my hair long is hard in Britain because most other boys and men cut their hair. I can overcome this difficulty by remembering that it is important for Sikhs not to cut their hair. (Parmvir)
At school, sometimes they tease me because of my long hair and turban. I think they do that because they are jealous, so I take it as a compliment. (Amanpal)	People sometimes say bad things about our religion. To overcome this I try to ignore what they say and happily continue my day. (Gurveer)
I love being Sikh because Sikhi teaches me to treat everyone equally. It teaches me to help others and share everything I have. (Harleen)	Sikhism has taught me to always remember God. I don't find anything difficult about being a Sikh. I enjoy it. (Kavneet)
Festivals like Baisakhi make me feel happy because we all get to celebrate together. (Gurveer)	The festival of Bandi Chhor Divas makes me feel proud because we remember that Guru Hargobind came out of prison and brought 52 people with him who were not Sikhs. This teaches me that everyone is important, whether or not they are Sikhs. (Maganjot)



Choose one card from each side. (inspiring and difficult)

In your book, stick the quote in and explain why you chose it.

I love being Sikh because Sikhi teaches me to treat everyone equally. It teaches me to help others and share everything I have. (Harleen)

*I chose this quote because*

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Keeping my hair long is hard in Britain because most other boys and men cut their hair. I can overcome this difficulty by remembering that it is important for Sikhs not to cut their hair. (Parmvir)

*I chose this quote because*

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*What does commitment mean?*

*How and when is it important to show commitment?*



## Wearing the turban

### **Turban**

A turban, or *dastar*, is often worn by Sikhs. Traditionally it was only worn by men but some Sikh women are adopting it.

Many Sikhs believe that their entire body is a gift from God and they must look after themselves. They do not cut their hair, which is also a gift from God.

To keep their hair neat and their appearance respectable, many Sikhs wrap their hair in a head covering called a turban.

The turban shows the world that the Sikh is committed to his or her religion, and that they are proud of their commitment. It shows they are clean-living and honourable.



What do you wear that shows belonging and commitment?

Which of your quotes talk about turbans?

What difficulties do they face?

How do they overcome them?

Why would a Sikh person in this country wear a turban if there are difficulties?

Do all the young Sikhs think that wearing a turban is a difficulty?

Choose one card that shows how wearing a turban could be a challenge, and one that does not, to stick in your books

*You are going to write a letter to the children who gave us those quotes.*

*You need to:*

- *Thank the children*
- *Explain what the quotes have helped you learn*
- *You might want to mention a specific child*

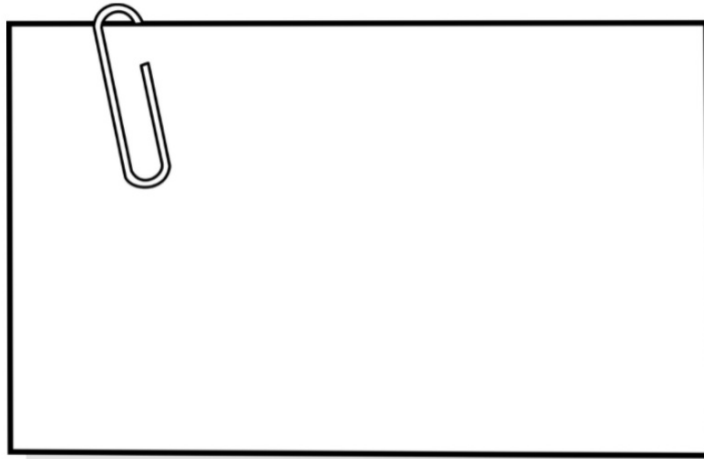
A decorative rectangular box with a scalloped border, containing several horizontal lines for writing a letter. The box is white with a black outline and a decorative border of small circles. Inside the box, there are approximately 15 horizontal lines for writing, with some lines being slightly longer than others, suggesting a template for a letter.



Thursday 9th December

Assessment

*What can you remember from last lesson?*



Create your own  
'Book of Sikhism'

*In the book, you need to include ...*

*Why is community  
Important to Sikhs?*

*What are the three key  
principles in Sikhism?*

*What challenges do  
Sikhs face in  
Britain today?*

### Key vocabulary

nam japna

Gurdwara

Shoe rack

Equality

kirat karni

Guru Granth Sahib

Divan Hall

Respect

vand chhakna

Four doors

Chauri

Nishan Sahib

Langar



What does it mean  
to be a Sikh in  
Britain today?

Working towards expected standard	
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<input type="checkbox"/>	Describe at least two challenges of belonging to a religious community and at least two reasons about why belonging to that community can also be valuable.
Working at greater depth	
<input type="checkbox"/>	Identify and explain key values in Sikhism shown in daily living and at the gurdwara.
<input type="checkbox"/>	Independently make clear connections between challenges and the value of living as a member of a religious community and the concept of commitment.